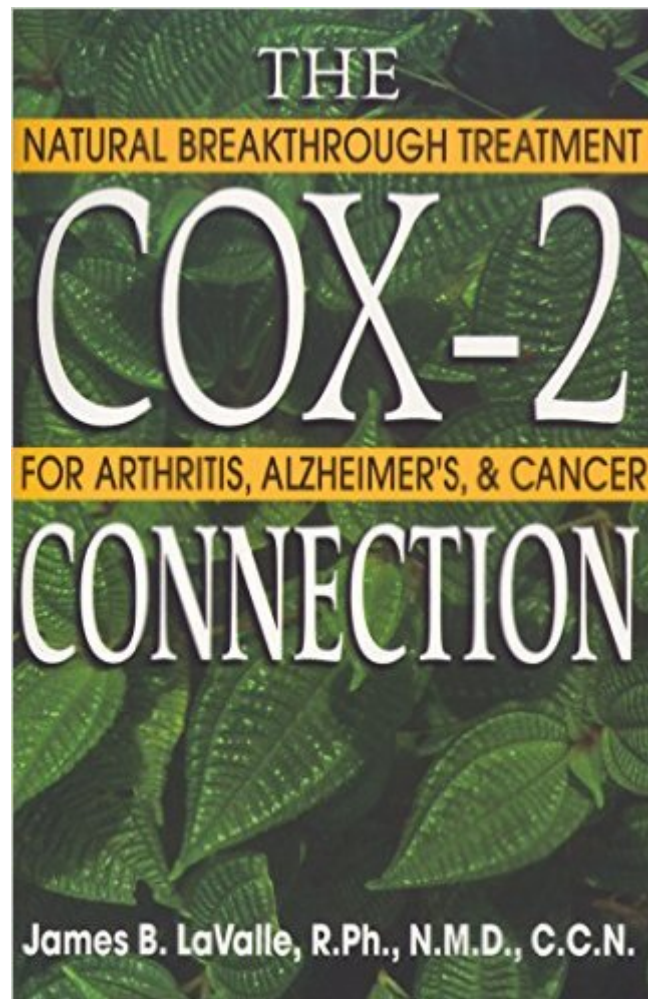


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# The Cox-2 Connection: Natural Breakthrough Treatments For Arthritis, Alzheimer's, And Cancer



## Synopsis

All of us have experienced, at one time or another, the temporary inflammation and pain of a minor injury. But those who suffer from chronic inflammation--whether the result of an injury or a biological disorder--and its coincidental pain are all too aware of the frequently crippling and debilitating effects of these conditions. In *The Cox-2 Connection*, pharmacist and naturalist James B. LaValle shares a thorough overview of treatment options for a variety of disorders for which inflammation is a primary symptom--from osteoarthritis, bursitis, and fibromyalgia to rheumatoid arthritis, gout and dysbiosis. He clearly explains the physiological mechanism that leads to inflammation and pain and includes an in-depth section on pain-management strategies useful for anyone who is experiencing this discomfort, whether temporary or chronic. Cox-2--or cyclooxygenase-2--is the key enzyme responsible for the body's inflammation and pain response in conditions such as arthritis and bursitis, and it is also linked to the inflammation that may play a significant role in the progression of Alzheimer's and cancer. *The Cox-2 Connection*, however, goes further than other pain management books by dealing with not only the synthetic, anti-inflammatory Cox-2 inhibitors, such as Celebrex and Vioxx, but also with their natural counterparts that have been used for thousands of years by people all over the world. The author thoughtfully evaluates the effectiveness of these inhibitors as well as their side effects and presents exciting new studies that indicate their possible role in preventing Alzheimer's and cancer. *The Cox-2 Connection* is an essential and timely reference for anyone trying to understand and manage inflammation and pain and make sense of the exploding availability and potential of ways to deal with them.

## Book Information

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## Customer Reviews

If you have experienced temporary inflammation and pain from a minor injury, imagine living in constant, crippling and debilitating pain. James B. LaValle shares his knowledge with a thorough overview of the treatment options for a variety of disorders in which inflammation is a primary symptom. He explains the physiological mechanisms that lead to inflammation. He explains how Cox 2, or cyclooxygenase 2 is the key enzyme responsible for the body's inflammation and pain response in conditions such as arthritis and bursitis. It might also play a significant role in the progression of Alzheimer's and cancer.

Conditions Discussed: Osteoarthritis and Back Pain  
Bursitis  
Fibromyalgia  
Rheumatoid Arthritis  
Gout  
Dysbiosis

Interesting Information: In-depth sections on pain-management strategies  
Information on Foods that actually increase pain that you should avoid  
Foods that can help reduce pain  
External and Internal Factors involved in Inflammatory Disorders  
The Immune System explained  
Signs and Symptoms of various disorders  
A Chart of Common Drugs Isolated from Medicinal Plants  
Tips on selecting natural supplements  
Natural Remedies with detail information on herbs and alternative therapies  
Chinese Herbal Medicine  
Reflexology  
Osteopathy  
Chiropractic  
Massage  
Batherapy

Contents: Part 1: The Problem and Treatment  
1. An Overview of Inflammation  
2. Understanding Your Anatomy: Muscles, Joints, and Bones  
3. Common Inflammatory Disorders and Causes  
4. Cox-2 Inhibitors: A Revolution in the Treatment of Inflammation  
5. The Cox-2 Connection in Alzheimer's and Cancer  
Part 2: What You Can Do  
6. Natural Cox-2 Inhibitors and other natural remedies: Includes information on Baikal Skullcap, Curcumin, Feverfew, Ginger, Green tea, Holy basil, Nettle leaf, Oregano, Rosemary and Turmeric. It was interesting to read more about Feverfew which is known for helping migraines.  
7. Current Treatment Options  
8. A Smorgasbord of Ways to Manage Your Pain

Other books by the same author to consider: Smart Medicine for Healthier Living  
Drug-Induced Nutrient Depletion Handbook  
The Cholestol Breakthrough  
Essential Reference for Self-Care (books I find helpful when you have decided to start to consider the variety of supplements and herbs on the market today):  
The Vitamin & Mineral Book by Shari Lieberman  
Natural Health Magazine Complete Guide to Safe Herbs by Chris D. Melentis  
The Healing Power of Vitamins, Minerals, and Herbs - Reader's Digest  
The Herbal Drugstore by Linda B. White  
The Doctors Book of Home Remedies by the editors of Prevention Magazine | ISBN 0878578730  
The Cox-2 Connection: Natural Breakthrough Treatments for Arthritis, Alzheimer's, and Cancer by James B. Lavalle is essential reading in a day where many doctors are still resisting the benefits of alternate therapies. Essential Reading! ~The Rebecca

## Review

The Cox-2 Connection is an essential and timely reference for anyone trying to understand and manage inflammation and pain and make sense of the exploding availability and potential of ways to deal with them.

First of all we must recognize that the book was printed in 2001, and the Cox-2 inhibitors which we start reading about from the side 50, the Celebrex and the Vioxx, first started being sold in respectively the years 1998, and 1999. So LaValle thereby had no chances to know what the future would be telling about these drugs, which he mostly believed really would go on changing the future to the better for patients. But actual then in the year 2004 the Vioxx was redrawn from the market as there then had been many heart attacks, probably resulting in 70,000 dead patients! But then in the following year, it again was back on the market, as the producers wanted it to be, and a few years later it was written that now the result of dead patient probably had reached 100.000. But throughout history, especially during the last 60 years, we again and again have been seeing equal cases concerning new drugs that resulted in side failures, and as it's often the case, taking many years before the problems are starting to show up, it will be difficult to predict the future. But besides the Vioxx, probably some of the other drugs mentioned in the book, also have shown up suffering having too many bad side problems, or maybe we now can find new parallel drugs actual being better than some of those mentioned in the book. I was hoping in the book getting more chemical informations concerning the Cox-2, but still the book is excellent by in many detailed advises telling us about what for example to do if being a patient suffering in Arthritis, Osteoarthritis, or wanting to prevent against Alzheimer and Cancer. And on the last 36 side of the text, the chapter 8, "A Smorgasbord of Ways to Manage Your Pain", we learns about many possible treatments as for example Deep breathing, Massage, Reducing Stress, Go to the Experts, Acupuncture, a Good Night's Sleep, Hypnosis, and so on. And actual the importance concerning stress, which LaValle here is telling about, is the same which I back in the year 2003, but in vain, then told some doctors. And for example in this chapter, under the sub part "Never Too Late", we are reading about a 92 year-old women who during 35 years had been unable to work without assistance, but then after she had started on an exercise program, she even when being 97 years old travelled from USA to London to participate in a walking tour! In the chapter 6, "Natural Cox-2 Inhibitors and Other Natural Remedies", we learn that in Germany 1/3 of the pills actual are coming from the Herbs, as for example Ginger,

Green tea, Curcumin, Nettle leaf, and so on, and where I learned about a couple of more Herbs. And even though the book in the title only is using Cox-2, we at one place in the book learns that many times it's not only Cox-2, but also the Cox-1 that we are getting, and where the Cox-2 is the bad one, while the Cox-1 is the good one. All together an excellent book with many advises to persons suffering from Arthritis or Osteoarthritis.

A great book packed with info and research backing it up. I am a big fan of Lavallo's as he has treated several family members. As a chiropractor I find this book to exceed expectations!

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The Arthritis Helpbook: A Tested Self-Management Program for Coping with Arthritis and Fibromyalgia  
What Your Doctor May Not Tell You About(TM) Prostate Cancer: The Breakthrough Information and Treatments That Can Help Save Your Life  
What Your Doctor May Not Tell You About(TM): Autoimmune Disorders: The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic Fatigue, Rheumatoid Arthritis, and Other Diseases  
The New Testosterone Treatment: How You and Your Doctor Can Fight Breast Cancer, Prostate Cancer, and Alzheimer's  
Creative Window Treatments : Curtains, Shades, Top Treatments & No-Sew Styles  
The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More  
The Blueberry Connection: Blueberry Cookery with Flavor, Fact and Folklore (Connection Cookbook)  
The Yeast Connection and Women's Health (The Yeast Connection Series)  
The Yeast Connection Cookbook: A Guide to Good Nutrition, Better Health and Weight Management (The Yeast Connection Series)  
The Yeast Connection Handbook: How Yeasts Can Make You Feel "Sick All Over" and the Steps You Need to Take to Regain Your Health (The Yeast Connection Series)  
Tired--So Tired! and the Yeast Connection (The Yeast Connection Series)  
RITUXAN (Rituximab): Treats Rheumatoid Arthritis (RA), Wegener Granulomatosis, Microscopic Polyangiitis (MPA), and also treats Cancer, including Lymphoma and Leukemia  
Natural Gas Trading: From Natural Gas Stocks to Natural Gas Futures- Your Complete, Step-by-Step Guide to Natural Gas Trading  
The Yeast Connection: A Medical Breakthrough  
What Customers Want: Using Outcome-Driven Innovation to Create Breakthrough Products and Services: Using Outcome-Driven Innovation to Create Breakthrough Products and Services  
Breakfasts With Buster: Helping Buster Battle Bone Cancer: A Journey Through Holistic and Medical Treatments for

Pets Prostate Cancer Survivors Speak Their Minds: Advice on Options, Treatments, and  
Aftereffects What Your Doctor May Not Tell You About(TM) Colorectal Cancer: New Tests, New  
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